



NEW HOPE YMCA

LAP POOL SCHEDULE

September 30th - October 6th, 2024

Updated: 9/28/24

NO Reservations Required (Except for Water X Classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:45am Lap Swim (5) Water Walking (1)	5:00-7:45am Lap Swim (5) Water Walking (1)	5:00-7:00am Lap Swim (5) Water Walking (1)	5:00-7:30am Lap Swim (5) Water Walking (1)	5:00-7:00am Lap Swim (5) Water Walking (1)	CLOSED	CLOSED
		7:15-8:15am Water X		7:15-8:15am Water X	7:00-8:00am Lap Swim (3) Open Swim (3)	7:00-9:55am Lap Swim (5) Water Walking (1)
8:00-9:00am Water X	8:00-9:00am Water X	8:25-9:35am Lap Swim (4) Open Swim (2)	7:45-8:45am Water X	8:25-10:50am Lap Swim (4) Open Swim (2)	8:15-9:15am Water X	
9:10-10:50am Lap Swim (4) Open Swim (2)	9:10-10:50am Lap Swim (3) Open Swim (3)	9:45-10:55am Lap Swim (4) Swim Lessons (2)	9:00-10:50am Lap Swim (3) Open Swim (3)		9:25-11:50am Lap Swim (4) Swim Lessons (2)	9:55-10:35am CLOSED
11:00-1:00pm Water VolleyBall	11:00-11:50pm Water X (4) Lap Swim (2)	11:00-1:00pm Water VolleyBall	11:00-11:50pm Water X (4) Lap Swim (2)	11:00-1:00pm Water VolleyBall		10:35-11:55am Lap Swim (3) Open Swim (3)
	12:05-12:35pm CLOSED		12:05-12:35pm CLOSED		12:00-3:55pm Lap Swim (2) Open Swim (4)	12:00-2:20pm Lap Swim (4) Swim Lessons (2)
1:10-5:25pm Lap Swim (3) Open Swim (3)	12:35-4:20pm Lap Swim (3) Open Swim (3)	1:05-3:00pm Lap Swim (2) Open Swim (4)	12:35-4:05pm Lap Swim (3) Open Swim (3)	1:05-5:20pm Lap Swim (3) Open Swim (3)		2:30-4:45pm Lap Swim (2) Swim Team (4)
	3:00-3:30pm CLOSED	3:00-3:30pm CLOSED			4:00-4:45pm Lap Swim (4) Open Swim (2)	
	3:35-4:25pm Lap Swim (3) Open Swim (3)	3:35-4:25pm Lap Swim (2) Open Swim (4)	4:15-7:05pm Lap Swim (2) Swim Lessons (4)			
5:30-8:00pm Lap Swim (1) Swim Team (5)	5:30-7:25pm Lap Swim (3) Swim Lessons (3)	4:30-5:25pm Lap Swim (4) Swim Lessons (2)	4:30-6:50pm Lap Swim (2) Swim Lessons (4)	5:30-8:00pm Lap Swim (1) Swim Team (5)		
		6:55-8:45pm Lap Swim (4) Open Swim (2)	7:15-8:00pm Water X		CLOSED	CLOSED
8:05-8:45pm Lap Swim (4) Open Swim (2)	7:30-8:45pm Lap Swim (4) Open Swim (2)		8:05-8:45pm Lap Swim (4) Open Swim (2)	8:05-8:45pm Lap Swim (3) Open Swim (3)	<div style="background-color: #0070C0; color: white; padding: 10px; text-align: center;"> The Whirlpool is Closed for construction 10/1 - 10/21 </div>	

During Lap swim, you are required to share a lane with another swimmer if all lanes are full. This may include circle swimming.

Reminder: Lap Swim requires a pink wristband for swimmers under 15 years of age and MUST be swimming laps/water exercise

Swim Testings is available Monday-Friday from 10am-7pm, during open swim.